

# CCWS - Spring - 2021 Mental Health

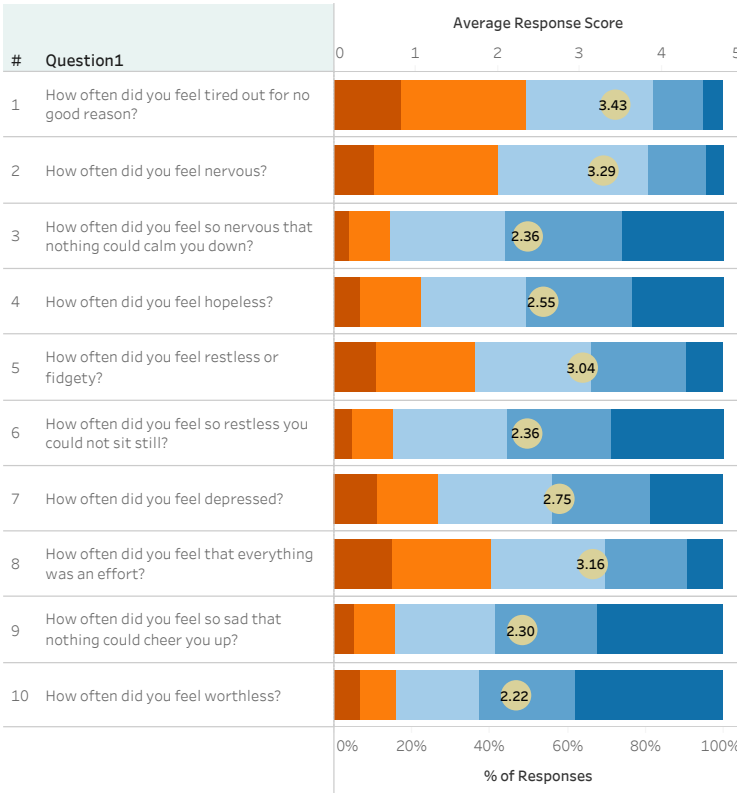


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## Mental Distress

These questions concern how you have been feeling over the past 30 days. Choose the answer that best represents how you have been feeling. During the last 30 days:

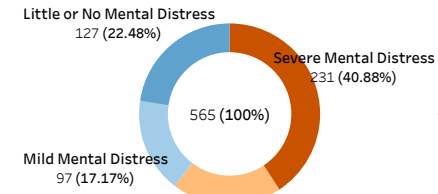


### Response

- 5 = All of the time
- 4 = Most of the time
- 3 = Some of the time
- 2 = A little of the time
- 1 = None of the time

## Mental Distress Total

Sample Size = 565



### Categories

- Severe Mental Distress
- Moderate Mental Distress
- Mild Mental Distress
- Little or No Mental Distress

Summed Score of 10-items of K10, with higher scores reflecting more mental distress (Reference: [https://www.tac.vic.gov.au/files-to-move/media/upload/k10\\_english.pdf](https://www.tac.vic.gov.au/files-to-move/media/upload/k10_english.pdf))

- <20 = Little or No Mental Distress
- 20-24 = Mild Mental Distress
- 25-29 = Moderate Mental Distress
- 30-50 = Severe Mental Distress

|                               |     |
|-------------------------------|-----|
| Domestic/International        | All |
| Credential Type               | All |
| Indigenous                    | All |
| Full-Time/Part-Time           | All |
| New to Institution            | All |
| Year Standing                 | All |
| Age Group                     | All |
| Gender                        | All |
| Ethnicity                     | All |
| Average Grade                 | All |
| Finance Stress                | All |
| Born in Canada                | All |
| Parents Born Outside of Can.. | All |
| Disability                    | All |

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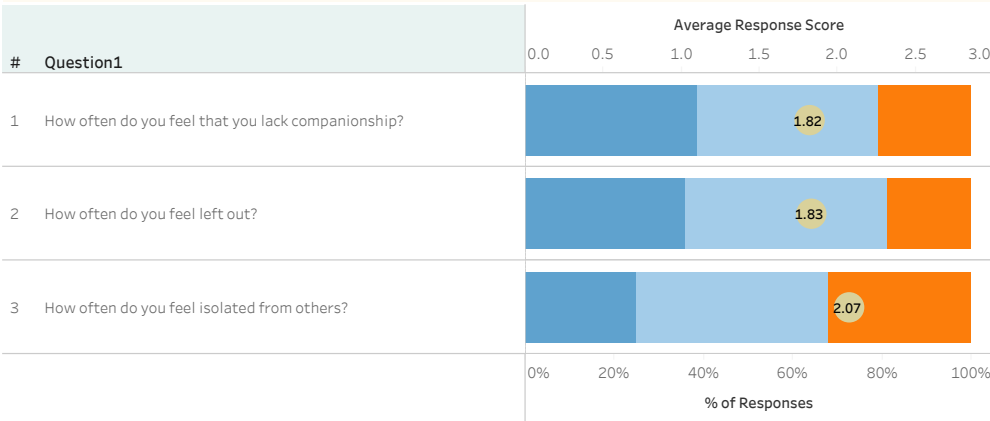


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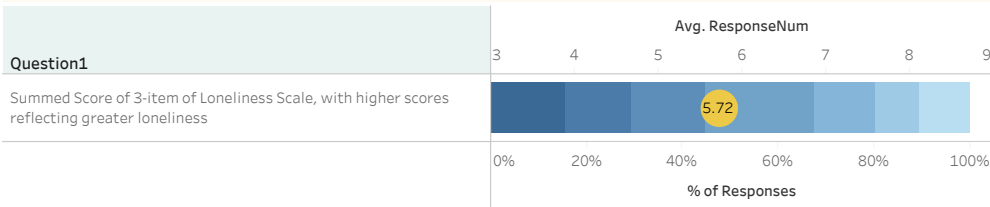
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## Loneliness

These questions are about how you feel about different aspects of your life. For each one, select how often you feel that way.



## Loneliness Total Sample Size = 561



Summed Score of 3-items of Loneliness, with higher scores reflecting more loneliness  
 (Reference: <https://static1.squarespace.com/static/5b855bd5cef372d1e9a8ef0e/t/5ccc5008b208fcd615da0870/1556893704715/Measuring+Loneli-ness+Scale+SEOAT.pdf>)  
 3-5 = Not lonely  
 6-9 = Lonely

- Domestic/International  
All
- Credential Type  
All
- Indigenous  
All
- Full-Time/Part-Time  
All
- New to Institution  
All
- Year Standing  
All
- Age Group  
All
- Gender  
All
- Ethnicity  
All
- Average Grade  
All
- Finance Stress  
All
- Born in Canada  
All
- Parents Born Outside of Can..  
All
- Disability  
All

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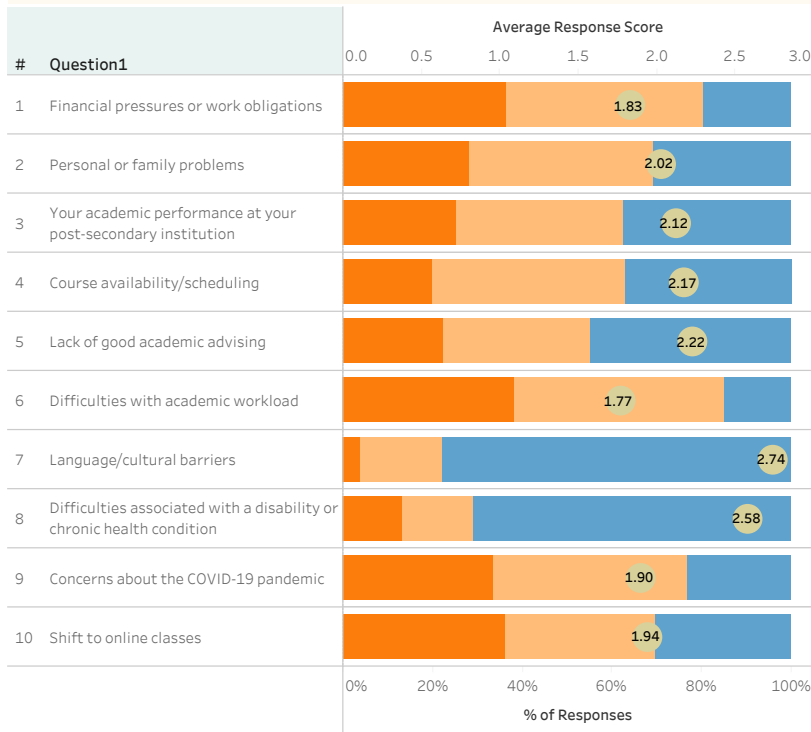


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## Stress

Please indicate the degree to which the following factors pose, or have posed, an obstacle to your academic progress:

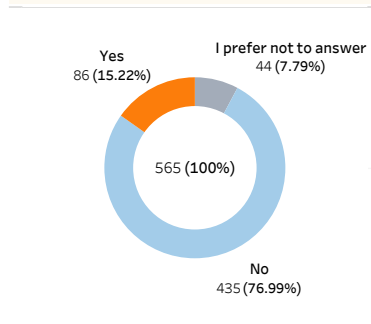


### Response

1 = A major obstacle      2 = A minor obstacle      3 = Not an obstacle

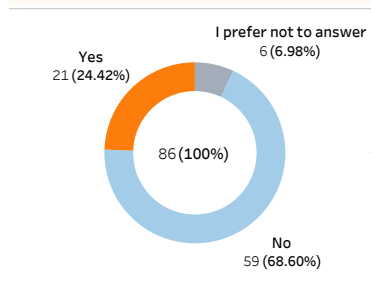
## Suicidal Ideation

In the past 12 months, have you ever seriously contemplated suicide?



## Suicidal Planning

In the past 12 months, have you ever made a plan to seriously attempt suicide?



This question Suicidal Planning is displayed only to the students who answer 'Yes' to the question Suicidal Ideation.

|                               |     |
|-------------------------------|-----|
| Domestic/International        | All |
| Credential Type               | All |
| Indigenous                    | All |
| Full-Time/Part-Time           | All |
| New to Institution            | All |
| Year Standing                 | All |
| Age Group                     | All |
| Gender                        | All |
| Ethnicity                     | All |
| Average Grade                 | All |
| Finance Stress                | All |
| Born in Canada                | All |
| Parents Born Outside of Can.. | All |
| Disability                    | All |